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Test Date: \_\_\_\_\_

**PATIENT INSTRUCTION SHEET FOR SKIN TESTING**

**STOP THESE MEDICATIONS 5 DAYS BEFORE SKIN TESTING:**

1. **ANTI-HISTAMINES:** Alavert (loratadine), Allegra (fexofenadine), Astelin/Astapro (azelastine) Nasal Spray, Dymista Nasal Spray, Patanase (olopatadine) Nasal Spray, Benadryl (diphenhydramine), Clarinex (desloratadine) & Claritin (loratadine). This also includes sleep preparations like NyQuil, Nytol, Unisom, Advil PM, Tylenol PM, **ANY** over the counter allergy & cold preparations. **For Xyzal (levocetirizine) & Zyrtec (cetirizine), please stop 7 days before the test. GREEN TEA is also felt to have antihistamine properties & should be avoided 7 days before skin test.**
2. **ANTI-ULCER MEDICATIONS:** Axid (nizatidine), Pepcid AC (famotidine), Tagamet (cimetidine), Zantac (ranitidine)
3. **RASH/HIVE MEDICATIONS:** Atarax (hydroxyzine), Benadryl (diphenhydramine) Cream/Spray
4. **ALLERGY EYE DROPS:** Alaway (ketotifen), Clear Eyes Allergy, Livostin (levocabastine), Naphcon-A (naphazoline), Opcon-A (naphazoline), Optivar (azelastine), Visine Allergy, Zaditor (ketotifen) or **ANY** over the counter allergy eye drop.
5. **MUSCLE RELAXANT:** Flexeril (cyclobenzaprine) **7 days off.**
6. **ANTI-DEPRESSANT/MIGRAINE:** Doxepin (Sinequan), Pamelor (nortriptyline)-**7 days off** / Amitryl, Elavil (amitriptyline), Seroquel (quetiapine)-**10 days off** Discuss with prescribing physician before stopping.

**CONTINUE THESE MEDICATIONS:**

1. **NASAL SPRAYS:** Afrin, Atrovent (Ipratropium bromide), Flonase (fluticasone), Nasacort (triamcinolone), Nasonex (mometasone), Omnaris, Qnasl, Rhinocort (budesonide), Veramyst, Zetonna.
2. **ASTHMA MEDICATIONS:** Advair, Albuterol including ProAir, Proventil, Ventolin, Alvesco, Asmanex, Dulera, Flovent, Pulmicort, Serevent, Singulair, Spiriva, Symbicort, Xopenex.
3. **OTHER MEDICATIONS:** Antibiotics, Prednisone, Diabetes medications, most heart & blood pressure medications, stomach medications: Maalox, Nexium, Prevacid (lansoprazole), Prilosec (omeprazole), Protonix & Tums. Advil, Aleve, Excedrin, Motrin, Tylenol, hormone therapy & vitamins. Pataday & Pazeo eye drops.

**PLEASE TELL US IF YOU HAVE BEEN STARTED ON ANY NEW MEDICATIONS**